

## SCRIPT *for* MUSCLE RELAXATION

Think about the muscles in your feet. Slowly tense those muscles.  
Hold for five seconds. 1, 2, 3, 4, 5.  
Now slowly let those muscles relax. 1, 2, 3, 4, 5.  
Let the muscles go until they are more relaxed than when you started.  
Focus your attention on how those muscles feel now.

Now, do the same thing with your calves. Slowly tense those muscles.  
Hold for five seconds. 1, 2, 3, 4, 5.  
Now slowly let those muscles relax. 1, 2, 3, 4, 5.  
Feel how relaxed your calves and feet are.

Focus on your thighs. Slowly tense those muscles.  
Hold for five seconds. 1, 2, 3, 4, 5.  
Gradually let go of the tension.

Take ten seconds. Feel how relaxed your legs and feet are.  
1, 2, 3, 4, 5, 6, 7, 8, 9, 10.

Now concentrate on your lower torso—stomach, lower back, and seat. Slowly tense those muscles.  
Hold for five seconds. 1, 2, 3, 4, 5.  
Gradually let go of the tension until there's no more tension in your lower torso.  
Feel how relaxed your lower body is. Pay special attention to your lower back. Let those muscles release.

Now concentrate on your hands and arms. Make fists. Tighten your biceps and triceps.  
Hold for five seconds. 1, 2, 3, 4, 5.  
Gradually release. Let the tension go.  
Let the muscles go until they are more relaxed than when you started.

Focus on your neck, shoulders, and chest. Gradually tense up.  
Hold for five seconds. 1, 2, 3, 4, 5.  
Release.

Concentrate on the muscles in your face. Close your eyes as tightly as possible.  
Scrunch up your face.  
Hold for five seconds. 1, 2, 3, 4, 5.  
Now let go. Relax those muscles.  
Don't frown. Don't smile. Simply relax those muscles.

Now take a few moments to concentrate on your breathing.  
Breathe easy and evenly.  
Each time you exhale, think about letting the tension in your muscles dissolve away.

Take ten seconds. Think about how relaxed your body feels.  
1, 2, 3, 4, 5, 6, 7, 8, 9, 10.  
Take a moment to enjoy this sensation. Be aware that you can recreate this relaxed state at any time.  
Now, begin the rest of your day.